
**SWIM
LESSONS**

PARENT-TOT - This is a water adjustment and orientation class. Basic floating, breathing skills, and beginner swimming skills are learned. The children must be 2 1/2 years of age and toilet-trained (NO DIAPERS ALLOWED). A parent or guardian must accompany the child in the water at all times. Offered evenings in Spring and again during the Summer, outdoors.

CHILDREN'S BEGINNER - Outdoors - 4 times per week. Class open to children 6 – 12 years who are unable to swim one pool length (75 feet). Progressions from Seahorse to Salmon. Offered evenings in Spring and mornings in the summer schedule.

CHILDREN'S PROGRESSIVE - Participants 6 – 12 years will be taught new skills to further their progressions from Seal, Swordfish, Stingray to Shark. Skill progressions, based on Whitehall Recreation Aquatics skills and American Red Cross certification, offered evenings in Spring and mornings in the summer schedule.

Open to both residents and non-residents.

**AQUA
AEROBICS**

Water resistance exercise helps to develop cardio-vascular fitness while firming and toning muscles. Exercises are done in shallow water. No swimming ability necessary. This class will benefit all ages and abilities. Held indoors at the High School on Mon. & Wed. at 8:00 p.m. or Tues. & Thurs. at 7:00 p.m. from Fall thru Spring, and again outdoors during the summer on Mon. & Weds. only. Check with Recreation Office for times and fees.

Open to both residents and non-residents.

**Questions concerning the
programs can be directed
to the Aquatics Director or
Recreation Department**

at 437-5524 Ext. 160

E-mail:

recrdept@whitehalltownship.com

Web Page Information:

www.whitehalltownship.org

WHITEHALL
TOWNSHIP
RECREATION BUREAU

**WHITEHALL
AQUATIC ACTIVITIES**

**The following is a
brief update on the
Aquatic Activities that
are offered by the
Whitehall Township**



WHITEHALL TOWNSHIP BUREAU OF RECREATION WATER ACTIVITIES

WINTER FAMILY SWIM

Spend an evening with your family in our heated High School pool. Families swim Mon. & Weds. from 7:00 to 8:00 p.m. This program runs mid September through May. No fee - open to Whitehall-Coplay residents holding photo ID.

ADULT SWIM

Lap swimming and aerobic areas are available in heated High School pool - Mon. & Weds. from 8:00 p.m. to 9:00 p.m. This program runs mid September through May. No fee - open to Whitehall-Coplay residents holding photo ID.

SUMMER SWIM SEASON

Whitehall Township operates (3) community swimming pools located in Cementon, Hokendauqua, and Fullerton. Season pool passes are available for families and individuals.

LIFEGUARDING

A standard Red Cross Course stressing the skills necessary for guarding in our local pools including First Aid and CPR Courses. Students must be 15 years old before the completion of the course. The course will be held at the High School pool. Requirement is 33 hours plus written tests to complete the course.

BIRTHDAY SPLASH

Celebrate your Birthday with three hours of fun in the sun at one of our outdoor pools! Choose between the Basic Package or the Party Package (includes games with lifeguard for one hour). Patron will supply cake and paper products. Limit of 25 guests. For more details and availability, please contact the Recreation Office.

WACKY WATER GAMES

A 3 hour evening of fun and aquatic activities including stroke races, inner tube events, crazy dives, kickboard events, rescue tube events and many more. A complete schedule of activities for all ages - pre-school - golden seniors. Ribbons and prizes are awarded to winners of all events. The "Battle of the Lifeguards" follows. All summer guards from the (3) community pools enter into Wacky Water contests to determine the championship pool staff. To complete the fun day, a DJ continues the community activities with music for swimming and dancing. Usually held the third Saturday in July from 5:00 p.m. - 8:00 p.m. at Parkview Pool.

WAVES

Competitive swim group to learn the proper competitive stroke techniques and racing skills. Usually offered in Fall and Spring at High School. Open to boys and girls ranging in age from 8 to 17 years.